



Food and Health in Wales

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Food and Health Policy




**Quality of
Food
Strategy**

To be developed
for consultation
by 30/4/07



Food & Well Being 2003

- Emphasis on food equality
- Outlines actions required to improve the diet of people in Wales
- Identifies actions to be led by Welsh Assembly and FSA Wales
- Also actions to be led by other key players
- Nine key recommendations
- www.food.gov.uk



Priority Target Groups

- Low income and other vulnerable consumers
- Infants, children and young people
- Women of childbearing age
- Middle-aged men



Recommendations

- Increase uptake of a healthy balanced diet
- Increase fruit and vegetable intake
- Develop initiatives to prevent and manage overweight and obesity
- Ensure appropriate national schemes and policies are in place
- Ensure appropriate local initiatives are in place
- Provide information and training to key players
- Develop and promote initiatives with the food industry
- Evaluate activities resulting from the strategy



Food & Fitness Implementation Plan 2006

- Promoting healthy eating and physical activity for children and young people
- Integration of nutrition and physical activity policy and programmes
- Builds on current national strategies and initiatives and local programmes



Food & Fitness - Key Actions

School Setting

- Extend the Welsh Network of Healthy School Schemes
- Improve the food and drink consumed throughout the school day
- Provide high quality PE, health related exercise and practical cookery skills



Food & Fitness - Key Actions

Community Setting

- Provide an environment that will encourage children and young people to access opportunities for physical activity and healthier foods
- Develop skills to enable children and young people to take part in physical activity and prepare healthier foods



Quality of Food Strategy

- Making food studies part of the National Curriculum, teaching children about nutrition as well how to cook healthy food
- Improving the nutritional standard of school meals and meals provided in hospitals
- Healthy eating schemes aimed at areas of social deprivation
- Reducing levels of pesticides and toxins in food
- Further encouraging the production and consumption of organic food
- Increasing local procurement working to reduce food miles



Quality of Food Strategy

- Social justice and empowering the citizen and communities
- Social role of food and family cohesiveness
- Food environment: -
 - Retail planning, local authority development plans
 - Engagement of the food industry in Wales
- Food provision in the public sector
- Obesity and the links between diet and physical activity



National Support for Community Food Projects

- Funding since 2000
- Regional seminars 2003
 - Network established
 - Database of projects
 - Quarterly newsletter
- Evaluation support
- Training



Bitesize

- Quarterly newsletter
 - projects share experiences
 - information on funding sources, food and nutrition policy relevant publications, training etc.
- Contact Martyn Gray - 029 20801436



Funding

- Community Food Initiative 2000-2002
32 projects
- Food and Fitness Grant Scheme
2003-2006 47 projects
- Health Promotion Voluntary Grant
Scheme e.g. WI Get Cooking
- Inequalities in Health Fund - a third of
projects have a healthy eating and or
cooking scheme element



Training

- OCN Community Food and
Nutrition Skills Course
- Level Two being delivered across
Wales by Community Dietitians
- Level One and Three under
development
- Grant scheme to increase dietetic
capacity in the community



Food Co-operatives

- Based on scheme in Cumbria- RRU
- Two year pilot scheme
- Funding further two years
- Support provided by Food Development Officers
- 100th co-op opened last month



Resources



[www.bda.uk.com/
weightwise.html](http://www.bda.uk.com/weightwise.html)

lifestyles@wales.gsi.gov.uk



Cooking Skills



Apwyllt Cynulliad Cymru
Welsh Assembly Government

Linking the Agendas



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